

Experiences Related to Energy

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

I offered my cassette player and *Remembrance* to my colleague who was grumbling about the amount of paperwork to be done. He later returned them with the comment, "Better take this back. I began feeling more energetic, and actually found myself looking for more to do!"

Epstein-Barr (chronic fatigue syndrome) has left me severely debilitated, very weak, and often in pain. I am finding the Pain Management tape very effective, and I feel tremendous energy surge through my body when I listen to *Energy Walk*.

I have always experienced a lag in my energy level in the afternoon. There's been a big change in this since I began using the *Recharge* tape to give myself a boost whenever I need to. My late afternoon productivity is much better than it used to be.

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